

ACR #114 Legislative Task Force on Diabetes and Obesity

Minutes	OCTOBER 8, 2008	9:00A.M. – 2 P.M.	JJDI SILICON VALLEY FACILITY MILPITAS, CA
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MEETING CALLED BY	Task Force Chair, Assembly Member Joe Coto
TYPE OF MEETING	Task Force Meeting
FACILITATOR	Chair, Joe Coto
TASK FORCE MEMBERS PRESENT (IN PERSON)	Assembly member Joe Coto, Assembly member Mervyn Dymally, Dr. M.R.C., Greenwood, Dr. Craig Byus, Dr. Rudy Ortiz, Dr. Freny Mody, Dr. Alka Kanaya, Dr. Joe Prendergast, Dr. Patricia Crawford
PRESENTERS	Mr. Cliff McIntosh, Dr. David Blackburn, Anne Wolf, MS, Dr. Pat Crawford, Dr. Susan Tierman, Dr. Kerry Olsen, Beth Warren, Dr. Joe Prendergast, Dr. MRC Greenwood (Moderator of Panel)
OTHER ATTENDEES	Patty Cooper (The Biotechnology Foundation); Melanie Fox (CAPH), Jo Seavey-Hultquist (First 5), Cathy West (IBM), Alexandra Garrison-Kazaks (UCD), Keda Alcala-Obledo (Office of Assemblymember Dymally), Samira Jones (UC Davis), Helene Ellison (HSPR), Rebecca Farrell (HSPR), Aleisia Gibson (HSPR), Richard Alejandro (ADA), Carlos Penilla (Office of Assemblymember Dymally), Karen Webb (UC Berkeley), Adrian Rios (JJPI), Abe Silvers, Abigail Ly (JJDI), Nancy Noe (JJDI)
RESOURCE STAFF	Jessica Golly, Lorraine Guerin, Darcie Green (Office of Assembly member Coto)

Agenda

10 MINUTES

WELCOME AND REVIEW OF HIGHLIGHTS OF PREVIOUS MEETINGS

DISCUSSION	<p>Mr. Cliff McIntosh, Executive Director of Johnson and Johnson Diabetes Institute, welcomed the Task Force and participants to the Johnson and Johnson facility and he provided a brief overview of Johnson & Johnson Diabetes Institute. It is one of 4 in the world; the other 3 are in Beijing, Paris and Tokyo. Their mission is to transform Diabetic care with public education, helping people to manage their own diabetes and advocacy.</p> <p>Assembly member Coto briefly summarized the work of the Task Force over the last year. Reviewing statistics from the many presentations that highlighted the acceleration and the severity of diabetes and obesity in California. He also outlined the key areas the committee looked at:</p> <ul style="list-style-type: none"> ◆ Mounting a massive and ongoing public education campaign – similar to the one used to get people to stop smoking ◆ Promoting healthy eating – i.e.: menu labeling, eliminating trans fat from our diet ◆ Getting more healthy foods in low income areas – replace some of the fast food restaurants ◆ Promoting physical exercise, especially with young people ◆ Using technology to help people monitor their health and communicate regularly with their physicians
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	Mr.Coto recognized Dr. MRC Greenwood, Rebecca Farrell and Alecia Gibson for their assistance in organizing the agenda and obtaining presenters for this meeting.
LEGISLATOR REMARKS	Assemblymember Dymally discussed the importance of the work of the committee and informed the group that he would be joining the staff of the Charles Drew University of Medicine and Science when he finishes his term in the legislature.
CONCLUSIONS	Assemblymember Coto introduced the first of several presenters who would discuss successful approaches employers are implementing to address the health of their employees and their families

PRESENTATION	Making Weight Loss Everybody's Business – Role of the Employer	David Blackburn, MALD Executive Director Nutrition & Health Partnership
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HIGHLIGHTS	<p>Dr. Blackburn reviewed the major steps taken by states across the nation to address diabetes and obesity and the federal legislation proposed – Healthy Workforce Act of 2007. Although the legislation which provides wellness program credit to employers, was a step in the right direction, he explained that the amount of the credit was too low to entice employers</p> <p>He also provided an overview of the evolution of obesity and the consequences it has on society. Dr. Blackburn discussed the rising health costs and who bears the costs and how employers are dealing with the steady increases and their attempts to implement programs designed to address obesity.</p> <p>(PowerPoint is posted on: http://democrats.assembly.ca.gov/members/a23/comm.htm under the Diabetes and Obesity Task Force, October 8, 2008 meeting)</p>	
	Measuring the Costs of Obesity	Ann Wolfe, MS Instructor of Research Dept. of Public Health Sciences University of Virginia School of Medicine, Charlottesville, Virginia
	<p>Ms Wolfe discussed the economic impact of obesity to employers. She showed the steady increases in the rates of obesity in the country and the associated costs. The price tag has risen from \$51.5 billion in 1998 to \$102.8 billion in 2007. Obesity outranks smoking and drinking in annual increases in health care. Ms. Wolfe reviewed who is paying for the health costs associated with obesity and her information indicated that the federal government through Medicare and Medicaid bears a large part of the costs along with employers. According to her data, employers, in addition to paying for the increased costs, also realize higher employee absenteeism rates, lower productivity and higher numbers of disability claims as a result of the increases in obesity. She discussed the results of an ICAN Lifestyle intervention study which proved that implementing a program for employees that results in modest weight loss can substantially reduce costs, and improve employee attendance and productivity.</p> <p>(PowerPoint is posted on: http://democrats.assembly.ca.gov/members/a23/comm.htm under the Diabetes and Obesity Task Force, October 8, 2008 meeting)</p>	

	Strategies to Promote Healthy Eating and Active Living	Pat Crawford, Dr. PH, RD Co-Founder and Director Dr. Robert C. and Veronica Atkins Center for Weight & Health Adjunct Professor, UC, Berkeley
	<p>Dr. Crawford reviewed the most promising policy opportunities to promote healthy eating and active living. She discussed the role and mission of the Dr. Robert C. and Veronica Atkins Center for Weight & Health, which serves as a resource center, providing leadership in the development of solutions for preventing excessive weight and nutrition related health problems. Dr. Crawford provided an overview of their research and outlined the policy areas that are most effective. She proposed 4 recommended areas of focus:</p> <ol style="list-style-type: none"> 1) Schools – Provide nutrition education by integrating it into the K-12 curriculum; promote healthier foods in schools; and extend menu labeling in schools 2) Work Sites – Provide comprehensive wellness intervention 3) Communities – Build coalitions with local government, food businesses, farmers and the health sector to establish better, more supportive policies 4) Leadership – Promote Health nutrition education and physical activity leadership training. <p>(PowerPoint is posted on: http://democrats.assembly.ca.gov/members/a23/comm.htm under the Diabetes and Obesity Task Force, October 8, 2008 meeting)</p>	
	Case Study: Johnson & Johnson Health & Wellness Program	Susan Tierman, MD North American Medical Director for Global Health, Johnson & Johnson
	<p>Dr. Tierman provided an overview of Johnson & Johnson's approach to creating an environment that supports and encourages good health practices for employees and their families. She outlined their specific program and its various elements and reviewed outcomes. She offered the following steps for employers to consider to develop a successful Health and Wellness program:</p> <ol style="list-style-type: none"> 1) Obtain senior management support, 2) organize a cohesive wellness team to develop and implement the program, 3) collect data to drive the effort, 4) develop an operations plan, 5) choose appropriate interventions, 6) create a supportive environment, 7) evaluate results <p>(PowerPoint is posted on: http://democrats.assembly.ca.gov/members/a23/comm.htm under the Diabetes and Obesity Task Force, October 8, 2008 meeting)</p>	
	Case Study: Mayo Clinic – Attacking the OBESITY EPIDEMIC	Kerry Olsen, MD Consultant & Professor Department of Otolaryngology – Head and Neck Surgery Medical Director, Dan Abraham Healthy Living Center The Mayo Clinic Beth Warren, MBA Director, Mayo Clinic Dan Abraham Healthy Living Center

Dr. Olsen provided an overview of the Mayo Clinic Healthy Living Center's goals and programs to have their work force become the healthiest in the nation. They provide care for the body, mind and spirit. They have 5 core components: aerobic fitness, healthy nutrition, weight management, musculoskeletal conditioning and stress management. Dr. Olsen described the elements of each component and discussed how they create an environment that encourages and supports optimal health for their employees. He also provided data indicating the success they have experienced.

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PANEL DISCUSSION OF PRESENTERS

MRC Greenwood, PhD

Director, Foods for Health Initiative,
UC Davis
Chancellor Emerita, UC Santa Cruz
Distinguished Professor of Nutrition &
Internal Medicine

Q&A was held, with Dr. Greenwood moderating the panel of presenters

RETHINKING THE DELIVERY OF DIABETES CARE

Dr. Joe Prendergast, FAPC, FACE

Dr. Joe reviewed an integrated community based telecommunications model that is being piloted to help patients monitor their diabetes and provide regular feedback to their physicians on progress or communicate concerns. The pilot is being tested in low income communities where access to health care is limited.

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CLOSING REMARKS-NEXT STEPS

Assembly Member Chair, Joe Coto

SUMMARY AND CONCLUSIONS

Assembly member Coto thanked everyone for participating and providing expert knowledge, insight and recommendations. He acknowledged the panel of presenters and the moderator, Dr. Greenwood. He reviewed the next steps. His staff will be working with several task force members to put together a final report. A draft of that report will be circulated to all task members for review and comment. Mr. Coto reminded everyone that we need to attack Diabetes the way we took on tobacco – major informational campaigns, getting to young people early on and instilling the importance of good eating habits and exercise so they become life long habits.

Adjourned: 2:15p.m.

ACTION ITEMS

PERSON RESPONSIBLE

DEADLINE

Dissemination of minutes to all

Lorraine Guerin/Jessica Golly

10/31/2008

Develop draft report and circulate

Subcommittee

12/1/2008

Publish final report with policy recommendations

Assemblymember Coto

1/1/2009